**PSHE KS4 : Managing own Health & Well-Being**

**How To Access Health And Support Services When Appropriate**

As a young person/adult you may find you need advice and support from services at any point in your life. It is important to know that you can seek advice from professionals and also how to access this support.

* Look at the table below. It is full of the names of many services that can support us in leading a healthy lifestyle.
* Think first, what do you think they do? Discuss with a classmate if you prefer. There may be some you are familiar and also some that are new to you.
* Use the internet to research what they do and contact details of those in your area. Many of these can be found on The NHS website. Practice using it. . Note down one or two services they provide and how you can get in touch in the table below.

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| --- | --- | --- |
| Name Of Service | What They Do | Contact Details |
| General Practitioner (GP) |  |  |
| Child Adolescent Mental Health Service (CAMHS) |  |  |
| Mental Health Support Service |  |  |
| Opticians |  |  |
| Audiologists  Name Of Service | What They Do | Contact Detaiills |
| Sleep Clinics -NHS |  |  |
| Orthopaedic Service – NHS |  |  |

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| Paediatrics Service |  |  |
| Sexual Health Service  For Young People |  |  |
| Women’s Health Service |  |  |
| STI Testing And Treatment |  |  |
| Chlamydia Screening |  |  |
| Walk In Centres |  |  |

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| Name Of Service | What They Do | Contact Details |
| Rape Crisis Centre |  |  |
| Weight Management |  |  |
| Drug Addiction And Abuse Services |  |  |
| Adfam UK  Turning Point UK  Forward Trust UK |  |  |
| Domestic Abuse |  |  |
| Alcohol Addiction Services – NHS |  |  |
| Stop Smoking Services |  |  |
| Diabetes Service |  |  |

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| Name Of Service | What They Do | Contact Details |
| Gender Identity Development Service (GIDS) |  |  |
| Psychology Service |  |  |
| Child Line |  |  |
| Kooth |  |  |
| Young Minds |  |  |
| Crisis Team |  |  |
| Samaritans |  |  |